



## BREAKTHROUGH to Nursing

The Breakthrough to Nursing column presents ideas and perspectives about the importance of cultural diversity in nursing and general recruitment into nursing.

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### What's Next?

It's finally here! We're approaching the end of the year 2012 and it has definitely been one busy year. There are those of you that will finally be graduating this winter. It may feel like it was just yesterday that you thought this day would never come—but here it is! Your hard work, determination, perseverance, and motivation have prospered and your day is almost here. However, this is not the end of your journey. It is now time to apply what you've learned these past few years and touch the lives of everyone around you.

It's been embedded into all of our minds why nursing is such a special profession—we treat our patients holistically. We take into consideration every aspect, nook & cranny, and vigorous detail of each patient's life to provide the best care possible. We don't treat the disease; we treat the person. Why do we do this? Because the body does not function in isolation. The human body is a network of complicated yet delicate balances all working together to maintain optimal bodily function. It is its own corporation, constantly adjusting to supply and meet the demands of functionality. Just as one body system cannot survive without inevitable impact from another system, neither can a nurse.

Every day we come across people from all walks of life. We may come across

someone with a mental disorder and not even know it. The next person's hand you shake could be homeless. You could be taking care of a long-lost relative and have no clue (and yes...it has happened!). You will run across those with different customs, different beliefs, different ideals—and they will be your patients. Since we are future nurses who treat our patients holistically, wouldn't it benefit us to learn more about each other's cultures and have more nurses from the same walks of life as our patients as well? Take your past experiences, your struggles, your culture, your diversity and embrace it. Take time to talk to your patient and learn about them. Learn what is most important to them. Do they like to always keep water at their bedside? Do they like two pillows under their head instead of one? Would they prefer to have their blinds or door opened or closed? Do you have the same values and culture? If so, how can you assist them so that they feel more comfortable? These are just some of the small things that patients may never tell you, but will make all the difference if you ask and just take 2 minutes to talk to them.

We have heard the term having a "difficult patient" many times before. However, (from my experience) I have learned that taking the time to just sit and talk to your patient for at least 5 minutes really uplifts their mood and

accelerates their overall well-being. Who knows, you may learn a thing or two from you patient that you'll carry with you for the rest of your life. This is what makes nursing so interesting, being a part of the s'salad bowl" that is our profession. Meaning, we can all keep and embrace our differences, and use those differences to positively impact others. That's why it is necessary for us to reach out to those from all aspects of life to become involved in nursing and have ourselves learn more about other cultures as well. Host an international festival at your school. Take a cultural diversity class. Write to your local newspaper. Ask for a column in your university's newspaper. You may even start your own newsletter. Host an assembly at local high schools and middle schools. Let those from different ethnicities, men, adolescents, children, and the disabled know that we need them to become nurses. Whether your next step in life is graduation, preparing for another semester, going on vacation, or finding a new job, aim for one good deed a day, strive to always make a positive impact, and help enhance the future of nursing. Just as Imprint has been publishing for 45 years, make an imprint on others and nursing for the rest of your life. <img alt="arrow icon" data-bbox="780 835 795 845"/>